

Frederick C. Sanders

Ph.D., MCC

Personal Information

Phone

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Email

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Website

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LinkedIn

linkedin.com/in/drfreddysanders

Qualifications & Skills

ICF Master Certified Coach (MCC)

Ontological, Mindful,
Ecological Coaching (OME)

Cognitive Behavioral Coaching (CBC)

Registered ICF Mentor Coach

NeuroLinguistic Programming (NLP)

Keynote Speaking / Presentations

Corporate Training Facilitation

Special Interests

DAISI: The Human Operating System (DEI)

Artificial Intelligence (AI)

Divinity, Spirituality, & Intuition

Emotional Wealth / Wellness (EQ)

Performative Masculinity

Perfectionism, Narcissism, Otherism

Award-winning, master-certified coach seeking to partner with high-impact leaders in a co-creative journey of deep exploration, awareness, authorship, and self-mastery.

Experience

Jan 2025 - Present

Performance Coach | Creative Consultant

Consciously • San Francisco, CA

Specialties: Professional training, leadership and community development, wellness, creativity

May 2024 - Present

Executive Coach

Landit • New York, NY

Specialties: Executive presence, finding purpose, communication skills, imposter syndrome, boundaries

Aug 2021 - Present

Leadership Coach | Director of Coaching & Client Transformation

The Vision Investment • Minneapolis, MN

Specialties: Expansive thinking, dynamic decision-making, transformative leading & living

May 2022 - Mar 2025

Executive | DE&I Coach

CoachHub • Berlin, Germany

Specialties: Workplace inclusion, positive psychology, active listening, transformational leadership

Nov 2021 - Nov 2023

Premier Fellow Coach

BetterUp • San Francisco, CA

Specialties: Whole person model, transformational leadership, executive presence

Apr 2020 - Mar 2022

Emotional Wellness Coach

Lyra Health • Burlingame, CA

Specialties: Cognitive behavioral coaching (CBC), values/vision, thinking traps, mindfulness, acceptance

Education

2020 - 2022

Master of Arts (M.A.) & Doctor of Philosophy (Ph.D.)

Professional Coaching & Human Development

International University of Professional Studies • Maui, HI

1998 - 2002

Bachelor of Science (B.S.)

Computer Information Systems

Louisiana Tech University • Ruston, LA

Certifications & Accolades

2023

Gold Winner: Best Executive Coach

CoachAwards • Singapore

2021 - 2022

Advanced Training in Executive Coaching (ICF ACSTH)

Ideal Coaching Global • Los Angeles, CA

2019

Coaching for Excellence (ICF Accredited Coach Training Program)

Ideal Coaching Global • Los Angeles, CA

References

Bettie J. Spruill

415.846.3580

Dr. Samuel L. Speed

318.680.5959

Camille A. Thomas

612.327.0820